

Name: Desirea

Age Range: 18 - 29 years of age

of Sessions: 5 Sessions

3 Words to Describe BCST: Restorative, Nourishing & Gentle

Before I started doing craniosacral sessions with Evelyn, I would sometimes experience episodes of anxiety that would inhibit me from thinking with clarity. I felt so disconnected from my needs, and would have a challenging time processing anything emotionally or mentally. This made attempting to accomplish simple tasks feel exhausting. I knew something was off, and remembered speaking with Evelyn about her BCST practice. She suggested a session may help resolve the anxiety and stagnation I had been experiencing. I wasn't sure what to expect, but was willing to learn more about this modality. The environment felt very comfortable with a "living aesthetic," featuring vibrant plants and a warm-feeling interior design. My first session was peaceful and meditative. The intentions I set for my appointment felt just as important to her as they were to me. When I had questions or sensations I wanted to share, Evelyn listened and offered meaningful insight. When confronted with my emotional trauma I felt safe to feel, process and release. The space is totally cultivated around being seen and heard on so many levels, and my sessions have only gotten better and better. I also experienced physical relief from the pain in my fractured ankle after our last session together! BCST has truly been a blessing for me!

*Clients of Sacral Sol BCST offer testimonials that reflect their own personal experience. Client testimonials do not constitute medical claims, and are not a guarantee of future outcomes or experience for any other individual. No statements on this website have been clinically proven or evaluated by the FDA.